

Dear Fellow Employees:

The WOW Team reminds you to go to our **Working On Wellness** Web site at http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html to access information and links for fitness, nutrition, men's and women's health, fitness club discounts, wellness events, WOW News and the monthly WOW contest.

Curves for Women has approved the State of Michigan for a 90-day corporate discount, May 1st through August 1st. Check the discounts page for more details and other recent fitness center offers.

It is not too late – it's not too early to make plans to celebrate **May 16th - National Employee Health & Fitness Day** @ <http://www.physicalfitness.org>. Also visit WOW – Worksite Wellness for more ideas.

Link to WELCOA (WELLNESS COUNCILS OF AMERICA) online bulletins below for great tips on keeping you and your family healthy.

BETTER SAFE

http://infopoint.welcoa.org/bulletins/pdf/bs_v8_no7.pdf

DAY IN & DAY OUT

http://infopoint.welcoa.org/bulletins/pdf/dido_v8_no7.pdf

TO YOUR HEALTH

http://infopoint.welcoa.org/bulletins/pdf/tyh_v8_no7.pdf



Spring is here - a great time to start working on personal wellness.

Thank You,
The WOW Team
Employee Health & Wellness